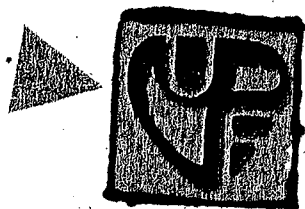


Shands @ UF and the Malcolm Randall VA Medical Center are one of two sites in the state of Florida taking part in this study.

This trial is sponsored by the National Heart, Lung, Blood Institute (NHLBI), a part of the National Institutes of Health (NIH)



HF-ACTION is a research study which looks at the impact of exercise training with heart failure.



**Thinking of caring more for your heart?**

A circular icon containing a solid black heart.

**Are you a heart failure patient interested in learning more about your heart's health through an individualized exercise and educational program?**

**IRB APPROVED**  
ON 01/27/04 mfb

IF,

- You have heart failure
- Are currently not regularly exercising
- And have not had a major cardiovascular event in the past 6 weeks.

THEN,

you may qualify for this research study.



**If you  
become a  
study  
participant,**

You will help researchers see if exercise added to usual care decreases symptoms, hospital visits, and death from heart failure.

**As a study  
participant,**

You will receive individualized care for 4 years through an exercise program or a usual care program with no formal exercise program. These would include routine phone calls and follow up visits.

Interested in  
volunteering?

Please call:

**Primary Coordinator:  
Jacqueline Bakos, RN,  
BSN  
(352) 392-6078  
Pager: (888) 961-2796**

